

CALGARY metro®



Smothered with flavour

These chicken kabobs are covered in a ginger-lemon marinade and work well with rice **PAGE 24**



Lac-Mégantic explosion

Police give out count of those still missing following deadly blast in Quebec town **PAGE 7**

Overloaded with emails?

Life coach Stacy Kim offers tips on how to bring order to an inbox overdue for a cleanup **PAGE 19**

WHO DA (SCOTS)MAN!

ANDY MURRAY ENDS 77-YEAR DROUGHT OF A BRITISH PLAYER CAPTURING MEN'S CHAMPIONSHIP **PAGE 25**



BUCKING BRONCO

Bareback rider Caleb Bennett of Morgan, Utah, gets bucked off Star Baby during the Calgary Stampede rodeo on Sunday. Bennett had won the Bareback competition on Saturday and his two-day total stood at \$8,500. CANDICE WARD/FOR METRO

Graphic new footage, photos of GuZoo emerge

Controversy. Owner of Alberta roadside attraction says he feels privacy violated

Animal rights activists are demanding the Alberta government reopen its investigation into the controversial roadside GuZoo after new footage and photos have surfaced depicting what it claims are poor living standards and safety hazards for exotic animals housed on site.

The nearly 10-minute video shows what appears to be filth in numerous birdcages and fridges, maggots crawling in a bowl of food set next to a baby lynx and other domestic cats, and at least four animal carcasses scattered outdoors among piles of other garbage.

Metro obtained the photos from the Council of Concerned

Albertans for Animal Welfare and Public Safety.

"I'm horrified," said Lexci Johnston, council vice-president. "You don't have to be an animal lover to look at baby animals in the care of able-bodied humans being presented maggots. That baby lynx is what they hand out to kids to take pictures with, meanwhile that thing's got a belly full of parasites."

GuZoo, located near Three Hills, Alta., previously came under fire in 2011 after photos of public areas that many deemed sub-standard sparked a viral social media campaign calling for its closure.

Reached Sunday, owner Lynn Gustafson confirmed the video was taken by what he suspects was a trespasser over the Canada Day long weekend. He also conceded there were maggots in the cat food and carcasses on the trash piles but chalked it up to everyday oper-

ations on a farm that's home to nearly 400 domestic and exotic animals. "It's all bulls-t," Gustafson said, adding he suspects a visit from SPCA officials Friday was linked to the footage. "You can make anything you want out of it. I could go to your house and find something that's wrong probably."

Gustafson said the maggots in the cat cage swarmed after he accidentally left some food in there overnight, adding, "That wasn't what they were eating anyway."

As for the carcasses, Gustafson claims he was going to burn them but the weather was too damp and they were kept well away from public areas.

The council said it was sent 200 photos and video from an anonymous whistleblower.

To see the photos and video from GuZoo for yourself, visit metronews.ca.

JEREMY NOLAIS/METRO

FREEDOM LOOKS GOOD ON YOU.

Begin a new journey this summer without glasses or contacts.

Book a free consultation at 1-877-554-9888 or lasikmd.com

LASIK MD
VISION

Starting at \$490 per eye*



*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

SOUTH POINTE TOYOTA SCION

RATES AS LOW AS 1.9%

ROADSIDE ASSISTANCE AVAIL-

7 DAY EXCHANGE ON TOYOTA CERTIFIED VEHICLES

FREE LIFETIME POWERTRAIN WARRANTY!**

2008 TOYOTA YARIS HB

STOCK# P360830 **\$63B/W***
OR \$8,998*



2010 CHEV CORVETTE

STOCK# PU00265 **WAS \$59,998**
Auto 6.2L V8, Only 25,000 kms **\$54,998***



2011 TOYOTA CAMRY LE V6

STOCK# P1M02845
\$22,998* **OR \$147B/W***



2012 TOYOTA RAV4 AWD

STOCK# PU00231
\$26,998* **OR \$175B/W***



2011 TOYOTA 4RUNNER SR5

STOCK# P300335A
\$32,998* **OR \$218B/W***



2011 TOYOTA TUNDRA DCAB SR5

STOCK# P360461A
\$31,998* **OR \$209B/W***



2010 TOYOTA COROLLA CE

STOCK# PU00240
\$15,998* **OR \$97B/W***



2011 TOYOTA VENZA V6 AWD

STOCK# P300590A
\$29,998* **OR \$197B/W***



2008 HYUNDAI ELANTRA

STOCK# P300576A
\$10,998* **OR \$82B/W***



2012 TOYOTA TUNDRA CREW MAX PLATINUM

STOCK# P300301A
\$43,998* **OR \$296B/W***



2011 MITSUBISHI LANCER

STOCK# P300652A
\$12,998* **OR \$76B/W***



2010 TOYOTA 4RUNNER SR5

STOCK# P300336A
\$32,998* **OR \$218B/W***



2011 TOYOTA SIENNA CE

STOCK# P360724A
\$22,998* **OR \$147B/W***



2005 TOYOTA MATRIX

STOCK# PU00250A
\$10,998*



2010 TOYOTA RAV4 AWD SP

STOCK# S300035B
\$23,998* **OR \$154B/W***



2011 FORD FOCUS

STOCK# P360517B
\$10,998* **OR \$63B/W***



2013 TOYOTA SIENNA LE AWD

STOCK# P300327A
\$35,998* **OR \$239B/W***



2009 FORD F350 CREW 4X4

STOCK# P360818A
\$23,998* **OR \$175B/W***



2009 TOYOTA MATRIX

STOCK# P300050A
NOW ONLY \$13,998* **OR \$95B/W***



**FREE LIFETIME
OIL CHANGES**

South Pointe Toyota
is expanding again!
WE ARE HIRING
Please send resume to
rstopa@southpointetoyota.com

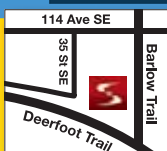
2011 NISSAN FRONTIER PRO 4X

STOCK# P300969A
NOW ONLY \$25,998* **OR \$159B/W***



2012 ACURA TSX

STOCK# P301226A
NOW ONLY \$39,998* **OR \$249B/W***



**SOUTH POINTE
TOYOTA SCION**

403.567.8888

11500 - 35 STREET S.E.
BARLOW TR. & DEERFOOT TR. S.E.

southpointetoyota.com

*FINANCING O.A.C. BASED ON BANK FINANCING FOR MAX TERM WITH \$3,000 DOWN AT 6.99%. PRICES ARE PLUS ADMINISTRATION FEE OF \$495 PLUS \$6.25 AMVIC LEVY PLUS GST ONLY.
**POWER TRAIN WARRANTY ONLY AT SOUTHPOINTE TOYOTA 50% LABOUR COST ON PARTS. CERTAIN CONDITIONS APPLY SEE DEALER FOR COMPLETE DETAILS. * All B/W are based on \$3000 down.

Jumping all in. Skydiving soldier safely lands — on one knee

Love came floating out of the sky and into the Stampede Grounds Sunday afternoon.

When Sgt. Daniel Jenkins, a member of the SkyHawks Canadian Forces parachute team, landed on the chuckwagon track, he dropped to one knee and proposed to his girlfriend of two years.

Cpl. Jennifer Swanson, also with the Canadian military, never it saw it coming, but replied with an excited "yes."

"My heart is pumping. It is amazing," said Swanson, who was still visibly shaking, moments after the proposal.

Jenkins and Swanson, both from Edmonton, met seven years ago through friends, but reconnected shortly before both were deployed to Afghanistan.

They did manage to squeeze in a couple of dates before they were each deployed to separate parts of the country.

Swanson is currently on vacation and was at the grounds Sunday to watch Jenkins jump for her first time.

The pair will be moving to Trenton, Ont., next week.

Jenkins planned the proposal long before the jump took place. When he got word that he had made the SkyHawks team in March, he put the plan in motion.

"I wanted to do something big and fantastic, which is pretty easy for us to do," he said.

Jenkins had already begun his proposal when another member of the skydiving team was seriously injured after taking a hard fall on the chuckwagon track.

CANDICE WARD/FOR METRO



The injured skydiver is attended to shortly after crashing on the chuckwagon track at the Calgary Stampede on Sunday. CANDICE WARD/FOR METRO

Skydiver seriously injured at Stampede

Demonstration jump.

EMS spokesperson says just because a person is conscious and talking after trauma doesn't mean injuries aren't serious

CANDICE WARD

calgary@metronews.ca

A Canadian Forces skydiver sustained potentially life-threatening injuries after a rough landing on the Stampede grounds around 2 p.m. Sunday, according to EMS of-

ficials.

The skydiver was conscious after the fall, according to EMS spokesperson Chelsie Small, who said he was in stable but "serious, potentially life-threatening condition" when he was transported to Foothills Hospital.

"With potentially life-threatening (injuries), you can still be conscious," Small said. "He did sustain significant, traumatic injuries."

EMS was quick to aid the fallen skydiver, a member of the SkyHawks Canadian Forces parachute team, and he was transported off the track within 20 minutes of the crash.

The crash happened at the

Hard landing

Shortly after the crash, the Calgary Stampede posted a message on its official Twitter account.

- The message reads: "Skyhawks Skydiver at the rodeo took a hard landing. He is injured but was talking and joking after. He has been sent for medical assessment."

start of Day 3 of the rodeo, just next to the infield, on the chuckwagon track.

The injured jumper was one of the last five members

to make the landing and he had a SkyHawks flag attached to his right foot.

Upon impact, the jumper fell forward and landed face down and did not get back up.

Officials of the Canadian Forces parachute team were optimistic of his condition.

"Accidents happen. Parachuting is a risky exercise," said Lt. (Navy) Julie Harris, a public affairs officer with the SkyHawks. "He landed a little hard, but he was breathing, laughing and joking."

Harris says the accident will not affect any further performances from the team throughout Stampede week.

WITH FILES FROM ROBSON FLETCHER/METRO

1 NEWS

DRIVE MORE. PAY LESS.



2013 HONDA RIDGELINE
RD0178 • SPORT • 3,786 KM

WAS \$40,053 • SAVE \$6,055

\$33,988

ALL NEW

VILLAGE HONDA

DEMO
liquidation event

NOW OPEN IN THE NORTHWEST AUTO MALL • CALL: (403) 451-6153 • www.VILLAGEHONDA.com



AMVIC LICENSED. ALL OFFERS OAC. ALL REBATES TO DEALER. OFFER INCLUDES ALL FEES AND TAXES BUT EXCLUDE GST AND AMVIC FEE OF \$6.25. VEHICLE MAY NOT BE EXACTLY AS DEPICTED. ALL OFFERS END 07/31/13. SEE DEALER FOR FULL DETAILS.



Calgary caregiver Kim Levenson points to a hole under her back steps where a feline named Samson, inset, slipped by and became trapped under her Oakridge home for five days. JEREMY NOLAIS/METRO

Curious kitty trapped for 5 days, rescued

'He's doing good'.
Hours-long effort to free frightened Samson from small Oakridge enclosure



JEREMY NOLAIS
jeremy.nolais@metronews.ca

You've heard of a cat stuck in a tree, but how about one trapped under a home for five days?

Well, that's exactly the predicament four-year-old black tabby Samson found himself in until some firefighters, neighbours and frantic caregivers teamed up to dig him out from under an Oakridge abode early Sunday.

Kim Levenson had been caring for Samson while friend and owner Carla Sasley was in Manitoba. But on

Tuesday the curious yet cautious kitty ventured out of the house and vanished.

"I had no idea where he went," Levenson said. "I went up and down the block in the middle of the night with a flashlight like a burglar. I posted signs with a \$200 reward, he's on Kijiji, you name it."

Levenson thought she heard some meowing near her home Wednesday but couldn't locate the source.

"Everybody thought I'd lost my marbles," she said.

Finally, Saturday night, the cat calls intensified and Levenson became convinced Samson was nearby.

She and her son ventured into the garage and up on the roof before finally determining the noise was coming from underneath their feet.

Firefighters were called to the scene and determined Samson had climbed under

the back-porch steps and tunneled his way to the front corner of the house. At first, attempts were made to lure the cat back the way he came, but Samson was having none of it. Crews then decided to burrow underneath a sidewalk running adjacent to the home, providing a shorter route to freedom.

"There were even tree roots they had to cut away," said Sasley, who returned home Saturday and raced over after being alerted by Levenson.

"It took two-and-a-half hours to get to him ... he was curled up in a ball."

Both owner and caregiver were quick to pay credit to the firefighters.

"We knew they were busy with the flood — we thought nobody was going to come, but they did," Levenson said. "I wasn't going to give up on him, even if it made people doubt me."

Samson was doing well on Sunday afternoon. He's lost weight and was tad grubby after his ordeal, but Sasley was confident her prized feline would pull through just fine.

"He's sleeping on his usual chair now," she said. "He's doing good."

Quoted

"It was a little angry — my guys told me about that. We had good equipment, good gloves and good clothes."

Ernie Molineaux, Calgary Fire Department Battalion Chief, on rescuing a slightly perturbed kitty trapped under a home for five days

Recycling piling up as city returns to blue-bins

Suspension of blue-bin recycling has led to a bit of a cardboard logjam in some Calgary communities while others have flocked back to old-fashioned disposal spots like the bottle depot.

The service, launched in 2009, is set to return Monday after being put on hold for more than two weeks while the city responded to severe flooding in several areas.

And while no one speaking to Metro Sunday lamented the city for its decision to divert recycling efforts elsewhere, mother Hiley Thompson said she'll be happy to see the

trucks return.

"We are a little backed up," she said Sunday. "We have our whole bin full of cardboard and two other containers, too."

Thompson said in her Bridgeland neighbourhood many continued putting out their bin on the designated pickup day and then stacked items on top even once it filled to the brim.

On Wednesday, Mayor Naheed Nenshi conceded few appear to have broken their blue-bin habit during the flood crisis.

"Last week I told you that approximately 96 per cent of

Flooded landfills

Mayor Nenshi noted waste and recycling crews have been extremely busy elsewhere, as city landfills had taken in more than 31,000 tonnes of flood water, about five months worth in two weeks.

people had their blue carts out, even though they're not being collected," he said. "Today it was much better: Only about 91 per cent of people."

JEREMY NOLAIS/METRO/WITH FILES FROM ROBSON FLETCHER

Stampede 101 is actually the 93rd 'official' event

Historically speaking...

93

The number of "official" Calgary Stampedes, according to local historian Harry Sanders.

This year's Greatest Show on Earth is billed as "Stampede 101" but that shouldn't be confused to mean it's the 101st annual event, according to a local historian and Stampede organizers.

"This year is the 91st consecutive Stampede, but there were two official Stampedes before that, making it (number) 93," said Harry Sanders, the Calgary Heritage Authority's 2012 historian laureate.

Those previous two events were the original Stampede in 1912 and the "Great Victory Stampede"

in 1919, held after the end of the First World War.

To complicate the total Stampede count a touch further, however, there was another "unofficial" event held in 1916.

"During the First World

War, a group of veterans put on the Veterans' Stampede," Sanders said.

That event did not include Stampede founder Guy Weadick or "the Big Four" financial backers of the initial "official" events, he said.

The Stampede, itself, clarified this year's billing and its #Stampede101 hashtag on Twitter.

"#Stampede101 does not refer to the 101st edition, it refers to 101 years since the first stampede," it tweeted Sunday.

ROBSON FLETCHER/METRO



CMPAUTO.COM

2013 HD TRUCK CLEAROUT



CGR2846A

LOW KMS! **\$35,995*** OR **\$118/WEEK¹**

GMC 2013 GMC **SIERRA**
2500HD SLE CREW CAB 4X4



2013 CHEVROLET

SILVERADO
3500HD LT DIESEL CREW CAB 4X4

LOW KMS! **\$45,995*** OR **\$149/WEEK¹**



CGR1951A

CHECK OUT OUR ENTIRE INVENTORY ONLINE!

CMPAUTO.COM



CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM CMPAUTO.COM

Goodwrench Service
EXPERT SERVICE AT COMPETITIVE PRICES.



SUMMER SERVICE SPECIALS

COOLANT SPECIAL
\$159.95

EMISSION SPECIAL
\$139.95

ALIGNMENT CHECK
\$49.95

✓ **CALL TO BOOK!**
403-930-1543



403-930-1634
CMPAUTO.COM
1313 36 St. NE, Calgary, AB T2A 6P9



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
APPLY ONLINE OR CALL
403.207-1041
CALGARYAUTOFINANCING.COM



CERTIFIED PRE-OWNED

- Manufacturer's warranty
- 30 day/2500 km no-hassle exchange privilege
- 150+ point inspections
- 24-hour roadside assistance

BEST MANAGED COMPANIES

AMVIC LICENSED

1. PAYMENTS ARE O.A.C. @ 4.99% FOR 84 MONTHS. TAXES (GST) AND FEES (\$449 ADMINISTRATION & \$6.25 AMVIC) NOT INCLUDED. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN.



PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM

Calgary's tech wild, wild west

IN DAY 1 OF OUR SERIES ON CALGARY'S GROWING STARTUP SCENE, WE LOOK AT SOME OF THE PEOPLE AND PRODUCTS WHO HAVE FOUND HOMEGROWN SUCCESS IN THE TECH WORLD. YOU MAY BE SURPRISED TO LEARN HOW MANY BIG PLAYERS GOT THEIR START RIGHT HERE

KATIE TURNER/METRO
katie.turner@metronews.ca

Calgary's history is one of striking it rich underground, but some of the city's most successful entrepreneurs have lassoed the world of high-tech to create their own wild, wild west.

From websites and apps to software, Sean Collins of Startup Calgary says the city has a history of entrepreneurs who have made it big in the technology industry, and there's a growing "ecosystem" waiting in the wings.

"I think that one of the reasons that people move to Calgary or stay in Calgary is because it's a land of crazy opportunity," he said. "It's about convincing and communicating to people the power of a new industry. Let's harness the wild, wild west."

Patrick Lor, one of Calgary's technology pioneers, sold his company for what he describes as mere millions — practically chump change when compared to tech giants such as YouTube.

But the entrepreneur and co-founder of iStockphoto used that windfall to reinvest in Calgary's growing tech-startup ecosystem, and is about to launch his next endeavour.

Lor jumped into the tech industry in the 1990s, working for a division of Adobe Systems.

"We sold clipart, fonts and photographs," he said. "That was sort of my start in the industry."

Some years later, Lor began selling CD-ROMs of photos before he and fellow Canadian Bruce Livingstone founded iStockphoto — an online service that lets consumers buy user-uploaded, royalty-free stock images for a reasonable price.

In 2006, more than 12 million images later, they sold iStockphoto to Getty Images.

"We only sold for \$50 mil-



Patrick Lor, co-founder of iStockphoto, says he hired the team for his new venture, Dissolve.com, right here in Calgary. "These guys, I couldn't have hired anywhere else in the world." KATIE TURNER/METRO

Up to the challenge?

- In conjunction with Startup Calgary, Metro is launching a monthly app challenge.
- Local startups are looking for feedback and you can



help by searching apps from Calgary developers at metronews.ca.

- This week, try GetQ'd and Takeout King and let us know what you think.

lion. When I say 'only,' I don't mean to belittle that amount," he said. "There are companies that have sold for a couple of hundred million that you've never heard of."

Since selling iStockphoto, which is still based in Calgary, Lor has remained active in the city's startup ecosystem, acting

as a mentor and investor for budding entrepreneurs.

"When I talk to smart people and they're working on fantastic ideas, you get such a charge out of it," he said.

His biggest piece of advice for those with an idea is simply to go out and do it, without being afraid to fail. "I think that

you have to create. Get out there and do something," he said. "We emphasize too much research and reading and not enough experience."

Once again, Lor is creating a new product. Dissolve.com follows many of the same principles as iStockphoto, but this time with video. The site lets filmmakers submit video stories, which users can then buy for stock video.

"My business has always been helping people create better marketing materials," he said. "Within a couple of months we were able to assemble a world-class team, all right here in Calgary. These guys, I couldn't have hired anywhere else in the world."

Other Alberta-born technology startups



1 USB patent

Calgarian Shawn Abbott holds an early patent for one of the first USB keys. These days, he's a partner with iNovia Capital and is involved with the A100, a group of 100 Alberta entrepreneurs. KATIE TURNER/METRO

2 Mozilla Firefox

Gary Kovacs is the CEO of Mozilla Corporation, known for the popular web browser Mozilla Firefox. Kovacs was educated at the University of Calgary but now lives in California. THE CANADIAN PRESS FILE

3 BioWare

BioWare — the company behind Star Wars: The Old Republic and other games — was co-founded in 1995 by Edmontonians Ray Muzyka and Greg Zeschuk. BioWare was acquired by Electronic Arts in 2008, and Muzyka and Zeschuk announced their retirement last year. THE ASSOCIATED PRESS FILE

4 StumbleUpon

Garrett Camp co-founded the personalized web discovery platform StumbleUpon in 2002 in a dorm room at the University of Calgary. StumbleUpon was acquired by eBay in 2007 for \$75 million and now has more than 25 million registered users. THE CANADIAN PRESS FILE

Entrepreneur sees great potential in Calgary

More than two decades of successfully building and growing technology companies — one of which he sold to Bill Gates — and Brad Zumwalt has stayed put in Calgary.

His extensive resumé includes a stint at Adobe, founding EyeWire.com, which was acquired by Getty Images, and, in 2007, selling his company Veer to Corbis — a privately held company owned by Bill Gates — for an undis-

closed amount.

With that kind of success, Zumwalt could go just about anywhere, but he has remained in Calgary, a city he believes has great potential in the technology industry over the coming decade.

"To be this close to energy and energy technology is a really interesting advantage for Calgary," he said. "I think there's a spirit and a level of innovation in Calgary that

The next big thing?

Read Tuesday's Metro to find out about BeauCoo, a Calgary startup Zumwalt says has great potential, so much so that he's backing it himself.

people are interested to try new things. You've got to poke a bunch of holes in the

ground and it doesn't always come up oil."

Living in the heart of oil country has several benefits, and Zumwalt argues one doesn't have to be in Silicon Valley to grow a technology business.

"We're kind of an affluent city, so there's people that want to push ideas ahead and have some capital to try out a new idea with."

KATIE TURNER/METRO

Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were



Downtown Lac-Mégantic, Que., as firefighters continue to douse the rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday mor-

ning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres

east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out

of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways paint themselves as a safe, cost-effective alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude are expected this year, up from only 500 in 2009.

Saturday's disaster is the fourth freight-train accident involving crude-oil being probed since the start of the year, according to the federal Transportation Safety Board. THE CANADIAN PRESS

SOME THINGS SHOULD NEVER BE FOR SALE.

JOIN THE FIGHT AGAINST CHILD SLAVERY AT NOCHILDFORSALE.CA
#nochildforsale

World Vision
For Children. For Change. For Life.

Anchorage, Alaska

Air taxi crashes,
killing all 10
people on board

An air taxi crashed at an airport in Alaska on Sunday morning, killing all 10 people on board, according to U.S. authorities.

Meagan Peters of the Alaska State Troopers said the fixed-wing aircraft was engulfed in flames at the Soldotna Airport before firefighters could get there. The victims had not been identified by Sunday night.

National Transportation Safety Board investigator Clint Johnson said initial reports had the accident happening as the plane took off.

Flying across the vast northern state is common for Alaska residents, despite hazards including treacherous mountain passes and volatile weather.

The Soldotna crash comes a day after a far larger Asiana flight crashed at a San Francisco airport.

THE ASSOCIATED PRESS



Coup far from complete

Supporters of Egypt's ousted president Mohammed Morsi protest near Cairo University on Sunday. Feuding erupted within Egypt's new leadership as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government. NASSER SHIYOKHI/THE ASSOCIATED PRESS

Teen victims of plane crash remembered as great students, artists

San Francisco disaster.
Coroner determining whether one girl was hit, killed by a rescue vehicle

The two Chinese teenagers who died in an Asiana Airlines plane crash in San Francisco were student leaders who excelled in their studies and in the arts — one was a calligrapher and the other a pianist.

Wang Linjia, 16, and Ye Mengyuan, 17, were students in eastern China who were travelling on a summer camp program to visit universities in California, state media reported Monday.

The group included 29 students and four teachers from four schools in the city of Jiangshan. They were to visit Silicon Valley, Stanford University and the University of California's campuses in Los Angeles and



Asiana Airlines Flight 214 just after crashing at the San Francisco International Airport on Saturday.
DAWN SIADATAN/THE ASSOCIATED PRESS

Berkeley, according to the Youth Times, an official newspaper in Zhejiang province.

Wang was class representative for three years, and teachers and schoolmates described her as excelling in physics and being good at calligraphy and drawing, according to the paper.

Wang's next-door neighbour, a woman surnamed Xia, described Wang as being quiet, courteous and diligent.

"Every time she came home she would be studying; very rarely did she go out and play," Xia was quoted as saying. She said Wang's father proudly displayed her calligraphy and art pieces on the walls of his office.

The other victim, Ye, also was a top student who excelled in literature and was talented with the piano, singing and gymnastics. The Youth Times said Ye had recently won a national gymnastics competition and routinely received honours at her school's speech contests.

A U.S. county coroner said Sunday that his office is conducting an autopsy to determine whether one of the two girls was run over by an emergency vehicle, hastening or even causing her death.

THE ASSOCIATED PRESS

ABM COLLEGE

**GET JOB READY FAST!
Enroll Now.**

**Become a
Medical Lab Asst.
in less than 6 Months**

Program starts on July 22, 2013

- ✓ We offer **Alberta Government** approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included

403.719.4300
3516 26 Street NE, Calgary AB

info@abmcollege.com
www.abmcollege.com

Other Programs include:

**Health Care Aide • Medical Office Assistant • Pharmacy Assistant
Massage Therapy • Business Administration • Accounting & Payroll**

Distribution Auditor (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Calgary is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Calgary" in the subject line. All submissions will be treated as confidential.

metro

Trudeau wrangles western support

Political square dance.

Liberal leader chats up Redford, Nenshi at Stampede cookouts

Federal Liberal Leader Justin Trudeau popped up at an unexpected place on Sunday as he continues to drum up political support from voters.

Trudeau appeared at the annual Stampede breakfast hosted by Alberta's Progressive Conservative Premier Alison Redford.

He shook hands with Redford and the two spoke briefly before he moseyed along to shake hands and pose for photos with a throng of people who turned out to chow down on pancakes, scrambled eggs and sausage.

"You know what? There's a lot of Progressive Conservatives who don't feel at home in the approach Stephen Harper's extreme right-wing Conservatives are taking and I'm glad to be meeting with anyone and working with anyone and talking about the challenges we're facing in the future," said Trudeau.

"I'm glad to have a chance for the first time to meet with Premier Redford, but I look forward to many good conversations in the coming months



Liberal Leader Justin Trudeau makes an appearance at Alberta Premier Alison Redford's Stampede breakfast in Aldersyde, Alta., on Sunday.

LARRY MACDOUGAL/THE CANADIAN PRESS

Stampede standoff

Prime Minister Stephen Harper dropped the gloves in a speech to his annual Stampede barbecue Saturday.

- Harper said both the NDP and the Liberals would remove Canada's influence and power on the world

stage, saying the NDP's ideas are "dangerous" and the Liberals' thinking "vacuous."

- "Mr. Harper is focused on me. I'm happy to focus on Canadians," said Trudeau in response.

and years," he added.

Trudeau then dropped by another breakfast just blocks away from where Mayor Naheed Nenshi lives.

"Hey hey — how's my fa-

vourite mayor of Calgary?" Trudeau called out from behind the grill.

Startled, Nenshi said "Oh my gosh" and the two embraced. **THE CANADIAN PRESS**

NSA leak. Snowden should get out of limbo and into Venezuela: Russian official

An influential Russian parliament member who often speaks for the Kremlin encouraged NSA leaker Edward Snowden on Sunday to accept Venezuela's offer of asylum.

Alexei Pushkov, who heads the international affairs committee in Russia's parliament, posted a message on Twitter saying: "Venezuela is waiting for an answer from Snowden. This, perhaps, is his last chance to receive political asylum."

Venezuelan Foreign Minister Elias Jaua said Saturday his country hasn't yet been in contact with Snowden, who Russian officials say has been stuck in the transit area of Moscow's Sheremetyevo Airport since arriving on a flight from Hong Kong two weeks ago. He has been unable to travel further because the U.S. annulled his

passport.

Jaua said he expects to consult with Russian officials on Monday about Snowden's situation.

Pushkov's comments appeared to indicate that the Kremlin is now anxious to be rid of the former National Security Agency systems analyst, whom the U.S. wants returned to face espionage charges.

There has been no response from the Kremlin or Russian Foreign Ministry to the asylum offer made by Venezuela's President Nicolas Maduro in the early hours of Saturday, Moscow time.

For Snowden to leave for South America, he would need for Venezuela to issue him travel documents and he would need to find a way to get there.

THE ASSOCIATED PRESS

Spain

Thousands run with the bulls

Several thousand thrill-seekers tested their bravery Sunday by dashing alongside six fighting bulls through the streets of the northern Spanish city of Pamplona on the first day of the running of the bulls.

Despite a large crowd of participants because the run coincided with a weekend, only four people were treated for injuries and no one was gored, officials said.

THE ASSOCIATED PRESS



Revelers run and fall in Pamplona, Spain. **THE ASSOCIATED PRESS**

COUNTRY HILLS HYUNDAI
DRIVING HIGHER STANDARDS
NOW OPEN!

CELEBRATE WITH US.
Vehicles packed with features at the price you want.

0% FINANCING FOR UP TO **96 MONTHS** OR GET UP TO **\$10,000** IN PRICE ADJUSTMENTS ON SELECT MODELS

WE HAVE OVER 330 NEW AND 850 USED VEHICLES AVAILABLE!

2013 ACCENT 5 DR GL
AIR CONDITIONING, HEATED FRONT SEATS, HEATED DOOR MIRRORS, FRONT ACTIVE HEADRESTS, FRONT, SIDE & CURTAIN AIRBAGS, POWER WINDOWS & DOOR LOCKS, AM/FM/CD/MP3/USB/POD® AUDIO SYSTEM WITH STEERING WHEEL AUDIO CONTROLS
CH097716
2012 BEST NEW SMALL CAR (UNDER \$21K)
OWN IT FOR \$83 BI-WEEKLY WITH **0% FINANCING FOR 96 MONTHS** INCLUDES **\$200 IN PRICE ADJUSTMENTS** **SELLING PRICE: \$17,144** **NO MONEY DOWN**

2013 VELOSTER
(SiriusXM) Bluetooth USB 5 YEAR WARRANTY
AIR CONDITIONING, 7" TOUCHSCREEN MULTIMEDIA SYSTEM WITH REARVIEW CAMERA, REAR PARKING ASSIST, HEATED FRONT SEATS, 3RD DOOR FOR PASSENGER ACCESS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM
CH147998
2012 BEST NEW DESIGN & 2012 BEST NEW SPORTS/PERFORMANCE CAR (UNDER \$50K)
OWN IT FOR \$99 BI-WEEKLY WITH **0% FINANCING FOR 96 MONTHS** INCLUDES **\$600 IN PRICE ADJUSTMENTS** **SELLING PRICE: \$20,594** **NO MONEY DOWN**

2013 SANTA FE 2.4L FWD
(SiriusXM) Bluetooth USB 5 YEAR WARRANTY
AIR CONDITIONING, 7 AIRBAGS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM, VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL, HEATED FRONT SEATS, FOG LIGHTS, ACTIVE ECO SYSTEM
CH040081
2013 CANADIAN UTILITY VEHICLE OF THE YEAR
OWN IT FOR \$145 BI-WEEKLY WITH **1.99% FINANCING FOR 96 MONTHS** INCLUDES **\$500 IN PRICE ADJUSTMENTS** **SELLING PRICE: \$27,759** **NO MONEY DOWN**

2013 ELANTRA GL
(SiriusXM) Bluetooth USB 5 YEAR WARRANTY
6 AIRBAGS, AIR CONDITIONING, iPod®/USB/AUXILIARY INPUT JACKS, POWER WINDOWS & DOOR LOCKS, SIRIUS XM RADIO WITH BLUETOOTH HANDS FREE PHONE SYSTEM & STEERING WHEEL AUDIO CONTROLS, CRUISE CONTROL, HEATED FRONT SEATS
CH322568
2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR
OWN IT FOR \$92 BI-WEEKLY WITH **0% FINANCING FOR 96 MONTHS** INCLUDES **\$750 IN PRICE ADJUSTMENTS** **SELLING PRICE: \$19,094** **NO MONEY DOWN**

CALL TO BOOK! 403-984-9697
For a Limited Time! \$29.95 OIL CHANGE! (AVAILABLE ON MOST MAKES AND MODELS)
INCLUDES: ALIGNMENT INSPECTION, TOUCH-LESS CAR WASH
Plus... FREE CAR WASH WITH EVERY SERVICE!

COUNTRY HILLS HYUNDAI 403-984-9696
2307 Country Hills Blvd NE Calgary, AB T3J 0R4
CHHYUNDAI.COM
DELIVERY AND DESTINATION INCLUDED. TAXES (GST, \$20 TIRE & \$100 A/C) AND FEES (\$399 SECURITY, \$149.95 WHEEL LOCKS AND NITROGEN & \$6.25 AMVIC) NOT INCLUDED. BI-WEEKLY PAYMENTS ARE OAC. TAXES (GST) EXTRA. SEE DEALER FOR DETAILS. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. COMMERCIAL VEHICLES EXEMPT FROM OIL CHANGE OFFER. OFFERS AVAILABLE FOR A LIMITED TIME, AND SUBJECT TO CHANGE WITHOUT NOTICE.

KAIZEN PART OF THE KAIZEN AUTOMOTIVE GROUP | **KAIZENAUTO.COM**

When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter **Ruth Davenport** got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up.... Your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."



Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less abil-

ity to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help — it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A

child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink

water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a

small surface area to begin with.

There's no air movement

in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX



Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX



Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: Temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants.

Combined, these workers number nearly 17 million people who have only tenuous

ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year. THE ASSOCIATED PRESS

U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when



Mark Carney THE ASSOCIATED PRESS FILE

Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of \$50 polymer notes.

The move sparked a campaign to restore the image of the so-called Famous Five, led in part by Calgary city council. THE CANADIAN PRESS

Free-trade deal

Canada gets bigger auto quota in EU talks

Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units under a proposed new trade deal, The Canadian Press has learned.

That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document that reveals several never-before-reported elements of the Harper government's continuing negotiations with the EU.

If signed, the new elements would require Canada to eliminate its foreign ownership rules on uranium mining and lock in the most recent liberalized ownership rules in the telecom sector.

THE CANADIAN PRESS

Ontario grid to harness the power of rhino poo

Flipping a light switch doesn't normally conjure images of a defecating rhino, but a novel project at Toronto Zoo

might just change that.

An energy plant project set for construction in 2014 will turn manure into electricity for Ontario's power grid, after a 50-day "digestion" process.

"It works basically like a big concrete stomach," said Daniel Bida, executive director of the ZooShare project.

The power plant plans to harness the energy of excrement by taking 3,000 tonnes of manure from rhinos and other large animals at the zoo, as well as 14,000 tonnes of grocery-store waste, and breaking it down to produce a combination of electricity, heat and fertilizer.

The waste mixture will be fed into an anaerobic digestion chamber — which is kept at the same temperature as a cow's stomach — and millions of bacteria slowly break down the waste.



TORSTAR NEWS SERVICE FILE

Quoted

"It represents an excellent opportunity to showcase the bio gas process."

Paul Whittam, Toronto Zoo's manager of financial services

After almost two months, the result is a fertilizer product and a combination of methane and carbon dioxide. The gases are then burned to produce electricity. "We are essentially able to operate the plant for 24 hours a day, seven days a week as long as the waste keeps coming and the bacteria keeps eating," he said.

The project moved a step closer to reality recently, when the ZooShare Biogas Co-operative signed a 20-year contract with the Ontario Power Authority. "The power we all consume when we turn on the lights, it'll be part of that," Bida said. "We're excited to roll up our sleeves and get to work."

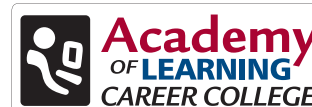
THE CANADIAN PRESS

You want a **Brighter** future.
We're a **Career College!**



BUSINESS • HEALTHCARE • TECHNOLOGY

Call Us or Visit our Website



www.academyoflearning.ab.ca

CALGARY NORTH EAST
(403) 569-8973

CALGARY SOUTH
(403) 252-8973

RED DEER
(403) 347-6676

STAMPEDE SHAMING NOT OK

It's like clockwork every July: Cowboy hats everywhere, pancake breakfasts and anti-cowboy, anti-Stampede discussion popping up on social media.

As soon as the beer tents are popping up and loafers are replaced by cowboy boots downtown, my newsfeed starts to fill up with haters openly knocking tourists, cowboy culture, the Stampede and any female who has the audacity to show too much skin.

In a discussion with a friend this past weekend, we realized that if someone was openly making fun of the Calgary Pride parade and its participants, they'd be branded a homophobe (and rightly so).

If some knuckle-dragging troglodyte was mocking Carfiest or Festival Latino, they would be called out for being a bigot (and an idiot).

Call a girl a tramp for wearing a short skirt? You're a slut-shaming chauvinist (at best).



High Plains Drifter
James Callsen
calgary@metronews.ca

But when it's Stampede time, it seems perfectly fine and acceptable in some social circles to refer to anyone in western wear as a redneck, white-trash idiot.

Why trash talk visitors to our town, especially when downtown businesses need the foot traffic this year more than ever?

How is it OK and celebrated to hate on anything Stampede related, when taking a swipe at any other festival would make you an outright jerk?

These same people would be outraged at openly hoping for the destruction of another cultural festival in our great city (oh right, let me guess, the Stampede isn't a cultural festival? Yawn.)

Worst of the worst are those who think it's OK to refer to any woman showing a little too much skin in a cowboy hat a slut or a tramp.

Just because someone is deciding to have a good time

Quoted

When it's Stampede time, it seems perfectly fine and acceptable in some social circles to refer to anyone in western wear as a redneck, white-trash idiot.

in a way you don't approve of doesn't make them any less human.

Like Chinooks and Deerfoot gridlock Friday afternoon, the Stampede is a constant in our city. It's not going anywhere. Even a once-in-100-year flood can't stop the Greatest Outdoor Show On Earth, so if you're not with it, pipe down or get out of town.

It's not for everyone, just like the Folk Fest, AfricaDey and Sled Island aren't for everyone. But just because it's the oldest and biggest party in town, it doesn't mean it's OK to rip on someone who likes to enjoy it, especially if they've made our city part of their travel destination.

ZOOM

March of the flamingos



MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. **METRO**

One of the greats



"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."

Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. **METRO**

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.



Camp 14:

Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son

Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Comments

RE: Ricky, Julian and Bubbles are back: Trailer Park Boys to start filming new episodes, published July 4 online

I hope it's better than the drunk and on drugs sh—ty hour. The first couple of seasons of TPBs were great, but then it was like watching a plane crash. What made the first seasons great was that you could see some truth in the struggles. It was real. When they started introducing puppets and got rid of Cory and Trevor

it all kind of went to s—t. It felt like they were drunk on set at all moments just #5%ing around. Smart move on the director's part. The guys won't likely see a return on their investment. They should have invested in bitcoins!

Scott Rhoads, posted to metronews.ca

That's great news. My wife and I loved the originality of the show and the fact it's a "Made in Nova Scotia" product only adds to its allure!

Art West, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

55-45 Sale

WE PAY 55%
YOU PAY 45%

RENFREW 77 Years

YOUR DOWNTOWN CHRYSLER CONNECTION

PLUS PURCHASE ANY USED VEHICLE & RECIEVE

3 FREE OIL CHANGES



metronews.ca
Monday, July 8, 2013

SCENE

13

Mother Mother mine bright ideas from some dark places

Balancing act.

Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA CAVALLIO

Metro World News in New York

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemon, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a



Mother Mother explores the human condition in their music. HANDOUT

line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemon, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen

too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank

on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemon is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemon and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

Yo La Tengo have no plans to Fade

There are people who credit Yo La Tengo with defining the genre of indie rock. One, writer/fellow musician Jesse Jarnow, wrote an entire book about it, *Big Day Coming: Yo La Tengo and the Rise of Indie Rock*. If it's true, it's a pretty epic legacy. If you ask frontman and co-founder Ira Kaplan, however, he's reluctant to even entertain the idea.

"That's something that really does not enter into our life much," he explains, in his slow, thoughtful way. "Even the notion of indie rock is nothing I'm particularly fond of. I don't really know what it is. On a personal level, when somebody says that to me — not when someone writes it, but when

a band says that to me — it is meaningful, and I'm happy. I mean I'm proud of what we've done, and I am happy when someone finds it inspiring, but I think about it as little as possible."

One wonders if, after putting out 13 studio albums (not to mention the countless collaborations, covers and compilations,) they ever hit a creative wall. "It doesn't seem that way. Maybe our standards are too low," laughs Kaplan. "I would say that every time we finish making a record, that's pretty much the only time I think about that. You always figure, well it's got to run out some time ... but it seems to just happen that at a certain point we

all kind of know we're ready and get to work."

Fade is the most recent product of that work, and it's the trio's tightest album in more than a decade. "We did consciously make this new record a shorter record, thinking that we had made so many 70-minute records in a row, and we wanted to challenge ourselves to do something more succinct," he says.

Still, "I wouldn't use the word concession," he continues. "I wanted to know for myself that we could do something shorter. So it wasn't a concession, it was a challenge. Certainly nobody was demanding it but us."

ALEXANDRA CAVALLIO



Yo La Tengo is credited with defining the indie rock genre. HANDOUT

2 SCENE

NEW CAR SELECTION

RENFREW
DODGE CHRYSLER Jeep
YOUR DOWNTOWN CHRYSLER CONNECTION



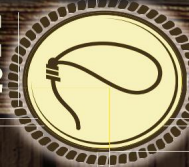
UNBELIEVABLE BUT TRUE
55-45
Sale



0% DOWN PAYMENT

VEGAS

FREE TRIP FOR 2



HOTEL & AIRFARE

UP TO
\$10,000
CASH BACK



**2013
RAM 1500
4X4 SLT**

#130827 INCLUDES FREIGHT AND ALL FEES

Sale PRICE
\$33,988
Was ~~\$195~~ Now **\$87/BW**

RENFREW'S RAPID LUBE

NO APPOINTMENT NECESSARY
SERVICE INCLUDES

- UP TO 5 LITERS OF GENUINE MOPAR OIL
- MOPAR OIL FILTER
- ROTATION OF 4 TIRES
- FREE WINTER TIRE STORAGE FOR THE FIRST SEASON
- FREE 4L WASHER FLID
- PEACE OF MIND INSPECTION OF COOLING SYSTEM, ALL FLUID LEVELS, ELECTRONIC BATTERY TEST, FRONT AND REAR BRAKE SYSTEMS, EXHAUST SYSTEM AND SUSPENSION SYSTEM
- PROVIDE WRITTEN REPORT - MANUFACTURES CHECK

\$69.95

V6 **\$74.95**

HEMI **\$79.95**

Hemi Environmental handling charges may apply Additional chargers may be applied based on vehicle configuration and portions Synthetic/semi-synthetic oil and fluid disposal, available at additional cost.

2012 RAM 2500 4X4 DIESEL SLT



INCLUDES FREIGHT AND ALL FEES

#121800

Sale PRICE
\$49,988
Was ~~\$295~~ Now **\$131/BW**

2013 GRAND CHEROKEE OVERLAND



INCLUDES FREIGHT AND ALL FEES

#130459

Sale PRICE
\$48,988
Was ~~\$281~~ Now **\$126/BW**

2013 GRAND CARAVAN SXT



INCLUDES FREIGHT AND ALL FEES

#130841

Sale PRICE
\$26,788
Was ~~\$155~~ Now **\$68/BW**

2013 DODGE DART SXT



INCLUDES FREIGHT AND ALL FEES

#130788

Sale PRICE
\$19,988
Was ~~\$112~~ Now **\$49/BW**

RENFREW
DODGE CHRYSLER Jeep
YOUR DOWNTOWN CHRYSLER CONNECTION



1.888.861.7964

1920 Bow Trail SW
AT THE PUMPHOUSE EXIT

AMVIC ALBERTA MOTOR VEHICLE INDUSTRY COUNCIL

RENFREWCHRYSLER.COM

FREE CONFIDENTIAL PRE-APPROVALS

AUTOLOAN



USED CAR SELECTION

YOUR FIRST THREE

OIL CHANGES

ARE ON US!

WITH EVERY PRE-OWNED PURCHASE



2013 #10940 RAM LARAMIE CREW CAB

FULLY LOADED WITH:
Air Lift Suspension
Navigation
Sunroof
Leather
Heated and cooling seats
Ram Box

**UNDER
1200
KM**

ORIGINAL MSRP
\$61,115

Sale PRICE

\$49,888

\$319/BW



2013 #10953 RAM 1500 PICKUP SPORT QUAD CAB

HEMI MDS
PW, PL, Keyless Entry
Heated Seats

**UNDER
1000
KM**

**PLEASE
CALL**

2013 JEEP WRANGLER ULTD RUBICON #10938



LEMON LIME PAINT!
LEATHER INTERIOR
NAVIGATION
DUAL TOP GROUP

ORIGINAL MSRP **\$45,475**

NOW ONLY

\$39,888 \$259/BW

2013 DODGE DURANGO R/T AWD #10939



5.7L V8
NAVIGATION, DVD
SUNROOF, 2ND ROW
CAPTAIN'S CHAIRS,
AND MORE!

**ONLY
8300
KM**

NOW ONLY

\$47,888 \$309/BW

2013 TOWN AND COUNTRY LTD #10937



3.6L V6, ONLY
12,000 KM
NAVIGATION
LEATHER, SUNROOF
2 DVD'S, POWER
DOORS

**FULLY
LOADED**

ORIGINAL MSRP **\$53,440**

NOW ONLY

\$39,888 \$289/BW

2012 JEEP CHEROKEE SRT-8 #140018A



6.8L V8
ONLY 20,000 KM
PANORAMIC
SUNROOF
NAVIGATION

**470
HORSE
POWER**

NOW ONLY

\$57,888 \$415/BW

2011 RAM 1500 R/T #130826A



HEMI
LEATHER INTERIOR
A/C, CLIMATE
CONTROL
ALLOY WHEELS

ORIGINAL MSRP **\$45,475**

NOW ONLY

\$20,888 \$155/BW

2012 CHRYSLER 200 LIMITED #10886



3.6L V6 AUTO
LEATHER INTERIOR
HEATED SEATS
BLUETOOTH

**ONLY
30,000
KM**

NOW ONLY

\$16,888 \$128/BW

2012 TOWN AND COUNTRY LTD #10810



SATELITE NAV,
SUNROOF

NOW ONLY

\$25,888 \$189/BW

2012 RAM 1500 SLT 4X4 #10927



HEMI
POWER DOOR LOCKS
POWER LOCKS
KEYLESS ENTRY
A/C

**ONLY
31,000
KM**

NOW ONLY

\$25,888 \$189/BW

CALL TODAY

OPEN

MONDAY - THURSDAY 7:30AM - 9:00PM
FRIDAY 7:30AM - 5:30PM
SATURDAY 9:00AM - 5:30PM

NEW All payments based on 96 month finance amortization term. Rebate to dealer, 4.49% to 4.99% OAC. 45% of payment based on 6 months bi-weekly & for the remaining term the payment is 100%. EG - 2013 Dodge dart - \$49 B/W plus GST for 6 months & for the remaining term \$112 plus GST. Some offers may not be combined. Advertised vehicles may not be exactly as illustrated.

USED *See dealer for details. Payments are based on \$0 down and a 96 month term, see dealer for complete details.



ALGARY.CA

FREE CONFIDENTIAL PRE-APPROVALS

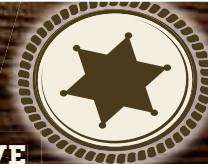


55-45
Sale
WE PAY 55% YOU PAY 45%

RENFREW 77 Years
 YOUR DOWNTOWN CHRYSLER CONNECTION

PLUS PURCHASE ANY USED VEHICLE & RECIEVE

3 FREE OIL CHANGES



metro

16

SCENE

metronews.ca
 Monday, July 8, 2013



Minogue is also back in the music studio. VICTORIA WILL/INVISION/ THE ASSOCIATED PRESS

25 years of mixing music with la mode

Kylie's closet.

Minogue dishes on picking costumes, quick changes and visiting 'frumpsville' for her new book

Before Lady Gaga, Rihanna or Katy Perry married music with fashion, there was Kylie Minogue.

The singer compiled a look at her fashion choices, particularly her stage costumes, in a new book called *Kylie Fashion* (Running Press).

"It was lots of fun to look at my life in fashion through the years," said Minogue in a recent interview. "There've been ups and downs and fabulous moments, but basically the book was a celebration of 25 years."

Yes, the 45-year-old even ad-

mits to some fashion faux pas.

"I had to include some moments that were less than stellar because we all make mistakes along the way. Some ideas that we thought were fantastic at that point in time were, upon reflection, a big mistake," she said. "That's all part of my journey and actually it's what I like about fashion."

From skimpy outfits to showgirl costumes with plume headdresses, Minogue is game to try it all. For performances, she aims for showstoppers that will look good from the back of a large venue and hold up through 100 shows.

"I was about to say, 'things you can move in...' wait a second, about half my costumes you can't move in," she said with a laugh.

She learned that lesson the hard way decked out in head-dresses, feathers and corsets on her *Showgirl: The Greatest Hits* Tour in 2005.

"That's why showgirls have to have poise because you can't actually tip your head," she recalled.

Minogue says there have been times when she got costumes so late that she's jumped in to help stitch them up backstage. Then there's the "quick change" in and out of elaborate costumes — something she compares to a Formula One pit stop, with four people helping her.

"A lot of stuff goes down in the quick change. It depends if the show is going well or not going well what type of vocabulary I choose," she said with a laugh.

Minogue says there's no time to be bashful when hurrying to change clothes, joking, "you kind of pass first base."

When she's away from the stage and at home, Minogue insists she "can go to total frumpsville for sure."

"I'm a complete letdown.



Kylie Fashion looks back at Kylie Minogue's fashion choices, particularly her stage costumes. RUNNING PRESS / THE ASSOCIATED PRESS

At home the stilettos come off. The comfy clothes go on. I'd love to maintain this illusion that I kind of elegantly waft around home or something but I need that balance in my life ... to just be completely anti-fashion and just put whatever's closest on, and home is the place to do that."

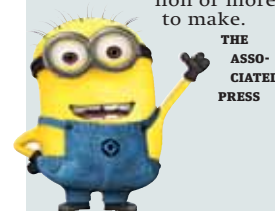
THE ASSOCIATED PRESS

Box office

Uh-oh Silver, no big pay day!

The minions of *Despicable Me 2* ran away with the weekend box office, leaving Johnny Depp's *The Lone Ranger* in the dust. According to studio estimates Sunday, the Universal animated sequel took in \$82.5 million over the weekend and \$142.1 million across the five-day Fourth of July holiday window. Gore Verbinski's reimagining of the iconic lawman bombed for the Walt Disney Co., opening with just \$29.4 million over the weekend, and \$48.9 million since Wednesday. The *Lone Ranger* reportedly took \$225 million or more to make.

THE ASSO-CIATED PRESS



Boardwalk Thanks All Those Making a Difference

Boardwalk Rental Communities would like to thank all of those who worked so tirelessly over the last couple of weeks in responding to the flooding in Calgary and Southern Alberta. Through the coordinated effort of the three levels of government, certain non-profit organizations and the countless number of volunteers, we have begun to recover.

Boardwalk would also like to thank all the members of its Calgary team and its contractor partners who, through working together, have been able to get the majority of our Resident Members back in their homes.

Boardwalk is committed to continuing its efforts to work alongside those making a difference.



BOARDWALK
 RENTAL COMMUNITIES
 Bringing You Home

www.bwalk.com

Forget scotch, get naked



Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells *Elle* magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

Oscar in the middle



Neil Patrick Harris.

Neil Patrick Harris has now hosted the Tonys four times and will host his second Emmys ceremony this September, so naturally the Oscars are right around the corner for him, right?

"Someday. Who knows?" Harris offers modestly, according to *E!* News.

"That's the kind of question if you say, 'No, I don't want to do it,' you look like a d—, and if you say, 'I'm dying to do it,' you look like a d—. So you're kind of left in the middle."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heart-breaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to

Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Twitter



@MatthewPerry

The one upside of the ridiculous jet lag I am experiencing is that I am up for Breakfast at Wimbledon live! No DVR for me!



@TheRock

A masseuse named Kristina. Four Seasons - Budapest. THE strongest hands I've ever felt. Pain so good I think I met Jesus.



@JasonAlexander

Brutal day of poker. Great hands simply didn't hold up. I got crushed. But this is when I remember, I have a great f—ing life. So, onward.

The Word

Who is holding hands with other celebrities?



STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.



• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for \$50 million, claiming that the idea for *Avatar* was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

YOU COULD WIN

TICKETS TO THE
ADVANCE SCREENING
OF

FROM THE DIRECTOR OF SAW AND INSIDIOUS

THE CONJURING

BASED ON THE TRUE CASE FILES OF THE WARRENS

JULY 19

VISIT
club
metro
.COM
TO ENTER

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT CLUBMETRO.COM

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Thirty-five (35) Prizes are available to be won, consisting of two tickets to see an advance screening of 'The Conjuring' (approximate retail value \$26). Skill testing question required. Contest closes July 14, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Bath time

Knee saver

Save your knees when you're giving your kiddlets or pets a bath with a foam gardener's kneeling pad! You can get them for under \$10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**



Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no

matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN

YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to

be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began mid-week and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her.

She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**



The toddler roller coaster is one unpredictable ride. iStock

KINSMEN LOTTO for the ALBERTA CHILDREN'S HOSPITAL

OVER 55% SOLD!

\$1.3 Million Grand Prize Show Home!

OPEN: MONDAY - FRIDAY: 2PM TO 8PM WEEKENDS & HOLIDAYS: NOON TO 5PM 202 Fortress Bay SW, Calgary

\$316,451 EARLY BIRD PRIZE!

2013 THOR TUSCANY 40FX CLASS A MOTORHOME

ORDER YOUR TICKETS TODAY!

\$100 EACH • 6 FOR \$200 • 15 FOR \$300

BUY BEFORE **JULY 30th**

TOLL FREE: 1-888-531-2273 | WEB: WWW.HOMELOTTO.COM

PHONE CENTRE HOURS: 8AM TO 11PM FOR FULL RULES AND INFORMATION

Kinsmen Lotto Licence 354961 **1,783 PRIZES VALUED OVER \$2.65 MILLION** KinWin 50 Licence 354960

Notice of Hearing for Supervision Order To Joel Deljoice

Take notice that on the 12th day of July, 2013 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Supervision Order** of your children born on **June 8, 1998, February 1, 2000 and January 30, 2002**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: **Diane Charlebois; Jackie Ellice; Daniella Eggink**
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

How to bring some order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For



Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that when you go on

vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with.

"You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale.
(Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.

- "When you have to check

your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

A world where 'gifted' has nothing to do with grades

Don't stop believing.

Scott Barry Kaufman encourages everyone to hold on to that feeling of being brilliant regardless of what the tests tell you

BRUCE WALSH
Metro World News

After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove that he had the chops to excel at the university.

Eventually he was accepted to the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's degree from Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops?

In his latest book, *Ungifted: Intelligence Redefined*, Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

"I think education has got to get out of the business of trying to judge a person's potential. It's just not

UNGIFTED

Intelligence Redefined
The Truth About Talent, Practice, Creativity, and the Many Paths to Greatness



SCOTT BARRY KAUFMAN

Keeping score

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time."

Scott Barry Kaufman
Author of *Ungifted*

either born gifted and you will stay that way the rest of your life, or you're not and you won't ever be. That's just not in line with current research on human development."

Pages and passion

Ungifted traces Kaufman's unique mental maturation

- He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that was difficult to shake.
- Woven into his personal narrative is his research on cognitive development, plus an analysis of the major breakthroughs in his field.

- "What we think of as an ordinary mind has a lot more capacity than most people realize. If you trace the development of minds that we label 'gifted' or 'genius,' you see a rapid development — but there's also passion that gets overlooked," says Kaufman.

- "If we find something we're driven to engage in day after day, hour after hour, any of us can demonstrate the kind of behaviour that society labels as 'gifted.'"

ROBERTSON COLLEGE

Take charge of your career!
Become a Legal Administrative Assistant.

Get more information today!

Check out www.robertsoncollege.com or call **587.331.8101**

Right Training, Wrong Job?

IAF LOANS FOR IMMIGRANTS

help pay for courses and exams so you can do the work in Canada you once did abroad.

WWW.IAFCANADA.ORG/LOANS
1-855-423-2262

Immigrant Access Fund **IAF**

All work, no play makes summer staff a sad bunch

From mopey to high morale. Kick your colleagues into high gear with a few grateful gestures

Summer's officially here, and with it comes barbecues, parties and outdoor activ-

ities a-plenty. But for the majority of adults, weekdays are usually spent grinding it out to earn a paycheque. With some effort, however, companies can make work more enjoyable for their employees by taking the time to show appreciation — and by having a little fun.

The warm weather offers companies an opportunity to host outdoor functions

with the purpose of rewarding employees for their contribution to the company's success.

Shaking it up at work can be extremely beneficial, say specialists in this field. Simple gestures such as a manager bringing in coffee and snacks to celebrate the successful completion of a project or task, can speak volumes to those who put

in extra hours and go out of their way to support the team.

"Stocking up your break-room with snacks and beverages for employees is an easy way to boost morale and show your appreciation," says Ilada Boriboun, category manager at Staples Advantage.

"A little goes a long way when it comes to making

employees feel valued."

Bring fun to the workplace as well. According to the Executive Center of Excellence, "fun at work lowers stress levels, boosts optimism, and increases motivation to move up in the company. Additionally, fun improves concentration and

perseverance."

At the end of the day, setting aside time and money to host work functions is a small price to pay to keep employees happy and working hard. If employees are driven, the business will be too.

NEWS CANADA

We like to party

- According to the survey findings of Staples Advantage Canada, who recently polled their customers about work satisfaction, 84 per cent of employees enjoy office events or parties, and 87 per cent look forward to such occasions to let loose and socialize with co-workers.
- And perhaps not surprisingly, this ties into work productivity. More than 80 per cent of those polled said they feel appreciated because their employers host team events, which has contributed to increased loyalty and job satisfaction.

Are you ready to join a team that truly cares?

At The Home Depot, we're committed to serving as a valuable and dependable member of our communities. Recently, we donated \$125,000 to the Canadian Red Cross to support relief efforts for those affected by the flooding in Calgary and other areas of southern Alberta. Our Calgary stores have also raised over \$38,000 this year for various local charities through our Paper Hammer Campaign. And currently, thousands of our associates are volunteering in Team Depot events that focus on building and improving our neighborhoods.

Our Calgary stores have several full-time and part-time positions available, and we invite you to explore these opportunities at the following events:

CALGARY CAREER FAIRS

Wednesday, July 10th | 2 p.m. – 8 p.m.

Best Western

1804 Crowchild Trail NW, Calgary, AB T2M 3Y7

Sandman Hotel & Suites

8001 11St SE, Calgary, AB T2H 0B8

Apply online at homedepotjobs.ca/4684



We are committed to diversity as an equal opportunity employer.



Setting out a few tasty treats for your team can increase their hunger for hard work. ISTOCK



Adventure!

Teach English Overseas!

- ✓ TESOL Certified in 5 Days
- ✓ In-Class or Online
- ✓ No Degree Required!

1.888.270.2941

Job Guaranteed!

Next in-class course: Aug 24th - 28th, 2013

Next Seminar: July 16th, 2013 @ 7pm

Travelodge University Hotel - 2227 Banff Trail NW

www.globaltesol.com



Real English Worldwide

metro

CALGARY STAMPEDE

Monday, July 8, 2013



Due to the recent flood, millions of gallons of water had to be removed from the Stampede infield track and the dirt was completely replaced. THE CANADIAN PRESS FILE

The show goes on

Rodeo track. More than 800 people worked to fix Stampede infield track in just 10 days

KRISTA SYLVESTER
For Metro

In 1974, it took four months to build the infield rodeo track, but the Calgary Stampede made it happen in just 10 days this year.

At its peak, there were more than 800 people working to fix the Calgary Stampede chuckwagon infield track from significant dam-

age suffered from June's devastating flood that saw floodwaters crest upwards of 14 feet. Millions of gallons of water had to be removed and the dirt completely replaced, according to Stampede officials who say the track is better than ever.

Warren Connell, Calgary Stampede vice-president of park development, says he has been involved with the organization for 30 years and

Terrific shape

"We've taken a look at the bucking chutes, all the steel, all the runways, made sure it's all safe and it is."

Paul Rosenberg, Calgary Stampede vice-president of programming

was shocked at the damage.

"It was overwhelming, obviously, to see the track wash away," Connell said. "I believe in '74, when the building was constructed, it took four months to build the track. We were given 10 days (this year), basically."

Officials say the floodwaters breached the track and, ultimately, caused the

need to build the track from the bottom up with crews working around the clock to prepare the infield in a little more than a week. Pumping the water out took two days.

"Thirty-thousand yards of material were taken off of Stampede Park to another site to dry out and be tested before it was reclaimed and 30,000 yards of materials were



The bill to repair the Calgary Stampede infield track is expected to be in the millions of dollars. THE CANADIAN PRESS FILE

brought onto Stampede Park."

There were early reports that some participants were worried about track safety, but Paul Rosenberg, Calgary Stampede vice-president of programming, says safety is paramount and everything surpasses standards.

"We've taken a look at the bucking chutes, all the steel, all the runways, made sure it's all safe and it is," Rosenberg said. "We've disinfected and we've put new dirt down,

so, from an animal safety and care perspective, we're in terrific shape."

The popular Calgary Stampede Grandstand show will go ahead as planned and the sound system is ready to go, officials said.

While the repair bill will skyrocket into the millions, officials say Calgarians and visitors will have a great experience at this year's rodeo, chuckwagon and Grandstand Show despite the flood.

THE REAL
TWO STEPPIN'
BEER SWIGGIN'
STAMPEDE'IN
PARTY EXPERIENCE

9615 MACLEOD TR. S
403.253.1100
www.Ranchmans.com

CUT OUT THIS AD TO RECEIVE
COMPLIMENTARY ADMISSION
★ FOR YOU AND A GUEST ★
TO RANCHMAN'S EVENT TENT
MONDAY JULY 8TH-THURSDAY JULY 11TH, 6PM - 9:30PM

SUBJECT TO CALGARY FIRE DEPARTMENT CAPACITY REGULATIONS NO CASH VALUE

We built this city. All you need in one place

It's that time of year when the Calgary Stampede becomes Alberta's third largest city.

While official numbers will be tallied at the end of the 10-day event, hundreds of thousands of visitors will descend upon Stampede Park, making it one of the most populated areas in the province if it were its own city each and every day.

"The size, a lot at over 100,000 people per day, makes the Stampede more populated than Red Deer or Lethbridge," said spokesperson Kurt Kadatz. "That actually makes it the third largest city in the province and that's why we call it a city within a city."

The Calgary Stampede can rely on itself for electricity and also boasts its own emergency services, recycling and waste services programs and, of course, food on a site that spans almost 200 acres. But what really makes the Stam-



Provincial populations

- Calgary — 1.1 million
- Edmonton — 812,000 plus
- Calgary Stampede — 120,000 plus (daily)
- Red Deer — 91,000 plus
- Lethbridge — 87,000 plus

pede feel like a city is the people, Kadatz said.

"I think what really makes it special is everyone involved has such a great sense of pride and tradition that really makes it feel like a community for our visitors and guests," Kadatz said.

"People can be entertained here, they can eat here, they can shop here and they socialize here. It's really just a great place to converge and amazing to see so many smiles on everyone's faces."

The Calgary Police Service also deploys an on-site team to work over the 10-day event and the force even sets up its own temporary district office.

"They are here when we need them and we also have medical services on-site as well. We basically have everything we need."

Food, entertainment, music, rides, games, dancing and shopping — what more do you need in a city?

KRISTA SYLVESTER



Jesse Palmer, a former NFL quarterback, a former Bachelor contestant, and now working in New York as a sportscaster, gets a taste of the famous Stampede foods. CANDICE WARD/FOR METRO

Downright delicious

Tasty treats. Indulge in some of the unique and daring delicacies found on the midway

"It's definitely a fan favourite to try new food at the park and the vendors really come up with unique and creative treats — it's actually become a bit of a tradition," Booth said.

"I think the vendors have a lot of fun coming up with new things to try."

With 31 quirky foods to choose from, adventurous Stampede visitors won't be disappointed — and some daring souls might even come back for seconds.

Topping the list of too-weird-to-be-true menu items include the double bacon corn dog, deep fried butter, deep fried Doritos, deep friend bubble gum, chocolate covered bacon, chocolate bacon fudge, pickle shooters, and a double smoke bacon wrapped with cheese perogie skewer — just to name a few.

"I'm Ukrainian so I love perogies and I love bacon and I love everything on a stick,

so I'm excited about that one," Booth said. "The pickle juice shooters might be good after a couple beers, too."

Even though it may not be the healthiest fare around Booth said it's OK to let your hair down and experiment during Stampede.

"We know they're not necessarily the best for us, but it's everything within reason at the Stampede and it's kind of cool to say you tried it. I'm not sure if too many people are concerned about their waistline when it comes to the Stampede."

But despite the deep fried goodness on the grounds, Booth reminds guests that there are health-conscience options as well.

"There's truly something for everyone down here on the grounds," she said.

And, of course, there are the traditional Stampede favourites of mini doughnuts, corn dogs and pizza.

KRISTA SYLVESTER
For Metro

If you are the type of person who is willing to try new food then the Calgary Stampede's variety of midway delicacies will surely hit the spot with choices that range from the downright delicious to the brazenly bizarre.

While many people seek thrills on the rides, a lot of guests can't wait to find out what unique and eccentric choices the Stampede has to offer each year, according to Calgary Stampede spokesperson Jennifer Booth. And this year there are more daring choices than ever.



Sterling silver charms from \$30

BOW VALLEY JEWELLERS

Downtown • Bow Valley Square
122, 205-5 Ave S.W. • Calgary, Ab
403.234.0888 • Open Mon-Fri 9am-5pm

Free Gift with Purchase • July 8-15

Receive a PANDORA single strand leather bracelet (a \$50 USD retail value) with your PANDORA purchase of \$150 or more.*

*Before taxes. Good while supplies last, limit one per customer. Charms shown on bracelet are sold separately. See our store for details.

U.S. Pat. No. 7,007,507 • © 2013 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

STAMPEDE BOOT Sale

BUY THE FIRST PAIR OF CANADA WEST BRAHMA BOOTS AND GET THE SECOND PAIR 50% OFF

CALGARY'S BEST SELECTION OF BOOTS IS DOWNTOWN AT RILEY & MCCORMICK WESTERN OUTFITTERS.

RILEY & MCCORMICK
THE ORIGINAL WESTERN OUTFITTER • SINCE 1901

220-8th Ave S.W./Scotia Centre | Stampede Outposts located in the Hudson Bay Stores Downtown and SouthCentre

realcowboys.com

Roping in big savings

Stampede deals. It's best to plan ahead if you are going to be watching your wallet this year

KRISTA SYLVESTER
For Metro

Calgarians might be counting their pennies a little more than usual this year at the Calgary Stampede because of the disaster, but there are still ways to have a good time without breaking the bank.

There are some tricks of the trade when it comes to watching your wallet at the Calgary Stampede and it's best to plan ahead, says Calgary Stampede spokesperson Jennifer Booth.

"There are many ways that people can save some money while still having fun at the Stampede," Booth said. "Many ways include buying

advance tickets and coupons for great prices, but there are a lot of ways to save money at the park, too."

Booth reminds guests of all the free attractions that come with the cost of the gate entry, including the fan favourite concerts on the Coca-Cola Stage, the ENMAX Ice Show, the SuperDogs and a litany of indoor attractions.

And who can forget the Stampede breakfasts. They are everywhere. You could have a free pancake breakfast every morning of the Stampede if you know where to look, and there just happens to be a schedule at caravan.calgarystampede.com/ of which to take advantage.

There are great advance



Families like the Hatfields (Samantha, 1, Larry, Coralie, Daniel, 5, Ben, 7) will be looking for ways to save a bit of extra cash without giving up the fun this Stampede. CANDICE WARD/FOR METRO

value offers available for families, but you can also take advantage of kids younger than 12 and accompanying adults getting in for free on July 10 during BMO Kids Day between 6-9 a.m., with a free pancake breakfast on the grounds between 8-9:30 a.m.

Seniors on a budget can take advantage of free admission day on July 9, which is Western Heritage Day.

Members of Costco are able to buy \$50 worth of Stampede bucks for only \$39.99, which is on sale until July 10 with a limited quan-

tity. The Coca-Cola 2 for \$24 is back once again and allows the purchase of two Calgary Stampede Park admissions for the special price of \$24 at Macs between July 7-17.

There are also some easy tips for visitors to remember when coming down to the

park. Everyone knows how much bottled water can cost so it's good to bring your own water in a refillable container. And while you're at it you can bring some snacks, too.

For a complete list of Value Deals and attractions, visit calgarystampede.com.

RIVER CREE RESORT & CASINO



MONTGOMERY GENTRY

FRIDAY, JULY 26

WITH OVER 20 CHART TOPPING SINGLES, INCLUDING "SOMETHING TO BE PROUD OF", "WHERE I COME FROM" AND "WHAT DO YA THINK ABOUT THAT", MONTGOMERY GENTRY IS A COUNTRY DUO WITH DEEP ROOTS.

Get 10% off your tickets with promo code: montgent2013

To purchase tickets, dinner & show plus hotel, visit RiverCreeTickets.com or call 1.855.296.CREE (2733). Tickets also available at the Casino Gift Shop.

RIVERCREERESORT.COM

facebook.com/rivercreeresort twitter@rivercreecasino

RIVERCREE
TICKETS.COM

RIVER CREE
RESORT AND CASINO
ENOCH, ALBERTA

HELPING YOU *Find* THE RIGHT SCHOOL



Get insider connections
with schools



Compare programs,
pre-reqs and costs
in one place



Gain exclusive tips
from experts

Get Started Now

www.SchoolFinder.com



SchoolFinder.com

Simple ginger-lemon marinade holds secret to tasty chicken

ROSE
REISMAN
rosereisman.com

These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds; mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes. ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.



Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g
sugar

This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.



Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar

This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch(5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes

Ginger-Lemon Marinade

- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds

NHL

Seguin blames 'hackers' for anti-gay tweet

Recently acquired Dallas Stars forward Tyler Seguin says an anti-gay comment that showed up on his Twitter account came from "hackers."

The Stars said in a statement Sunday that they had "addressed the issue directly" with Seguin. The tweet showed up on his account Saturday and was quickly removed.

Seguin posted an apology on Twitter and said he was temporarily shutting down his account because of "repeated attempts by hackers to try to damage my reputation."

The 21-year-old Seguin was traded to Dallas by Boston on Thursday.

THE ASSOCIATED PRESS

Gold Cup

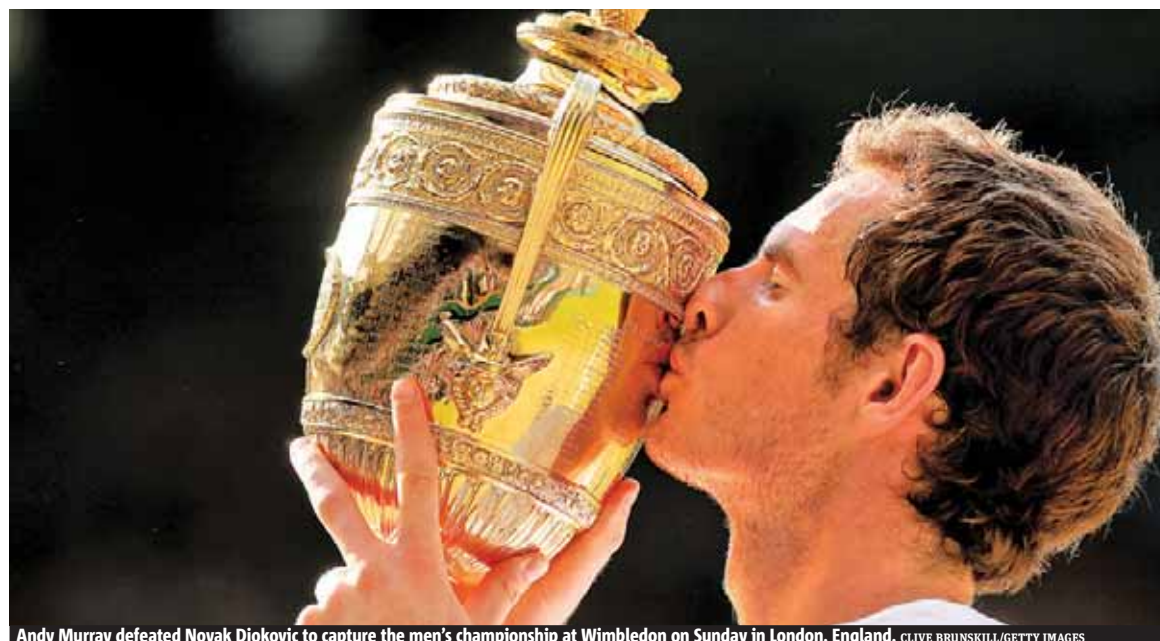
Canada coughs up point to Martinique

Fabrice Reuperne scored an injury-time winner Sunday as tiny Martinique sent Canada to a shocking 1-0 defeat at the CONCACAF Gold Cup.

Canada, which had largely been outplayed for most of the game but was seconds away from escaping with a point, couldn't clear a Martinique corner kick in the dying seconds. The ball fell to Reuperne, who unleashed a screaming shot past Canadian goalkeeper Milan Borjan.

The crushing loss to a country with a population of just 400,000 that isn't even a FIFA member is the latest setback for the hard-luck Canadian program.

THE CANADIAN PRESS



Andy Murray defeated Novak Djokovic to capture the men's championship at Wimbledon on Sunday in London, England. CLIVE BRUNSKILL/GETTY IMAGES

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

Andy Murray needed one more point, one solitary point, to win Wimbledon — a title he yearned to earn for himself, of course, and also for his country.

Britain had endured 77 years since one of its own claimed the men's trophy at the revered tournament referred to simply as The Championships, and now here was Murray, on the brink of triumph after three hours of

gruelling tennis against top-seeded Novak Djokovic under a vibrant sun at Centre Court.

Up 40-love, Murray failed to convert his first match point. And his second. And then, yes, his third, too. On and on the contest, and accompanying tension, stretched, Murray unable to close it, Djokovic unwilling to yield, the minutes certainly feeling like hours to those playing and those watching. Along came three break points for Djokovic, all erased. Finally, on Murray's fourth chance to end it, Djokovic dumped a backhand into the net.

The final was over.

The wait was over.

A year after coming oh-

so-close by losing in the title match at the All England Club, the No. 2-ranked Murray beat No. 1 Djokovic of Serbia 6-4, 7-5, 6-4 Sunday to become Wimbledon's champion in a test of will and skill between a pair of men with mirror-image defensive styles that created lengthy points brimming with superb shots.

"That last game will be the toughest game I'll play in my career. Ever," said Murray, who was born in Dunblane, Scotland, and is the first British man to win the grass-court Grand Slam tournament since Fred Perry in 1936. "Winning Wimbledon — I still can't believe it. Can't get my head

Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- The win for Nestor was his third major mixed doubles title. He also won the Australian Open in 2007 and 2011.

around that. I can't believe it."

THE ASSOCIATED PRESS

4 SPORTS

100% APPROVAL RATING APPLY NOW AT CREDITCALGARY.COM

CREDIT CALGARY

Bad credit? No credit?
You're still approved.



OVER 1000 NEW VEHICLES AND
OVER 500 USED VEHICLES
TO CHOOSE FROM

SHAW
GMC CHEVROLET BUICK



4520 Blackfoot Trail SE
Calgary, AB T2G 4G2 403-569-5417

Eskimos pour it on in 1st to drop Ticats in damp opener



The Eskimos' Calvin McCarthy tackles the Tiger-Cats' Lindsey Lamar during CFL action in Guelph, Ont., Sunday. AARON LYNETT/THE CANADIAN PRESS

CFL. Edmonton improves to .500 as Hamilton disappoints following impressive debut

It was the wettest game that Edmonton quarterback Mike Reilly has ever played in, and that's saying something for a guy who played his college football in the rainy state of Washington.

"I've never seen it come down like that, especially for the entire game," said the 28-year-old who led the Eskimos to a 30-20 win over the Hamilton Tiger-Cats on Sunday night with two touchdown passes and a 12-yard TD rush in a torrential downpour.

"It's tough. The ball gets heavy. It's getting slippery," he said, likening it to trying to catch a watermelon.

Edmonton had already jumped out to a 16-0 lead before the rains came and the Ti-

Week 2

30

Eskimos

20

Tiger-Cats

cats were forced to play catch-up in awful conditions.

Reilly completed 14-of-22 pass attempts for 130 yards.

It was the Ticats home opener at Alumni Stadium, home to the University of Guelph Gryphons, which was temporarily expanded this season to seat a capacity 13,000 while a new stadium is built in Hamilton.

Edmonton improved to 1-1 after a 39-18 loss to Saskatchewan last week. After putting up 34 points in last week's 39-34 loss to Toronto, the Ticats (0-2) could only muster 20 points in the weather.

THE CANADIAN PRESS

MLB. Pitcher Redmond another unlikely hero for struggling Blue Jays

In a season where little has gone according to plan, it's perhaps no surprise that the Toronto Blue Jays have found some unlikely heroes.

It's too early to put Todd Redmond alongside Munenori Kawasaki, but the right-hander earned some new fans Sunday in Toronto's 11-5 win over the Minnesota Twins.



Starting pitcher Todd Redmond gave up just one hit over five innings for the Blue Jays on Sunday.

THE CANADIAN PRESS

With the Jays needing to fill a hole in their starting rotation, the 28-year-old from St. Petersburg, Fla., did not give up a hit until one out in the fifth when Aaron Hicks, batting eighth in the Twins lineup, homered over the right-field fence with one on to tie the score at 2-2.

Redmond struck out four and walked three in five innings, with the Toronto offense striking back for four runs in the bottom of the fifth to give him a 6-2 lead.

"It's still a dream come true just to be here," said Redmond. "You've just got to take it one day at a time, one start at a time. And hopefully continue on."

Colby Rasmus, Jose Reyes and Rajai Davis homered for Toronto, which out-hit Minnesota 13-5 before 43,795 under a stuffy dome at Rogers Centre.

Redmond, earning his first career win in his second major-league start, has probably earned another start for the Jays (43-45).

THE CANADIAN PRESS

POOR CREDIT? NO CREDIT?

CALL TODAY & GET APPROVED

✓ NEED A CAR, TRUCK, SUV OR VAN?

✓ HAVE YOU BEEN DECLINED FOR AN AUTO LOAN BEFORE?

✓ HELP WITH YOUR AUTO INSURANCE!!

PREVIOUSLY BANKRUPT, POOR CREDIT, NO CREDIT AT ALL OR OUTSTANDING COLLECTIONS?

✓ CLEAR OFF OUTSTANDING FINES!!

0 DOWN
150 UNITS TO CHOOSE
100% APPROVAL
UP TO \$5,000 CASH BACK

2013 FORD MUSTANG V6

2012 FORD ESCAPE



\$160 /BW+TAX



\$165 /BW+TAX

AUTOMAXX

PH 403.276.4000

1.800.902.1941

424 16TH AVE NW CALGARY

CALL US!



NATHAN
403.919.7716



LISA



CALGARYAUTOCREDIT.com

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	54	36	.600	—
Baltimore	49	40	.551	4 1/2
Tampa Bay	49	40	.551	4 1/2
New York	48	40	.545	5
Toronto	43	45	.489	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	48	39	.552	—
Cleveland	46	42	.523	2 1/2
Kansas City	41	44	.482	6
Minnesota	37	48	.435	10
Chicago	34	51	.400	13

WEST DIVISION

	W	L	Pct	GB
Oakland	52	37	.584	—
Texas	51	37	.580	1/2
Los Angeles	43	45	.489	8 1/2
Seattle	39	49	.443	12 1/2
Houston	32	57	.360	20

Sunday's results

Cleveland 9 Detroit 6
Baltimore 2 N.Y. Yankees 1
Toronto 11 Minnesota 5
Tampa Bay 3 Chicago White Sox 1
Oakland 10 Kansas City 4
Texas 5 Houston 4
L.A. Angels 3 Boston 0

Saturday's results

N.Y. Yankees 5 Baltimore 4
Minnesota 6 Toronto 0
Kansas City 4 Oakland 3
Detroit 9 Cleveland 4
Tampa Bay 3 Chicago White Sox 0
Houston 9 Texas 5
L.A. Angels 9 Boston 7 (11 inn.)

Monday's games — All times Eastern

Texas (Holland 6-4) at Baltimore (Feldman 0-0), 7:05 p.m.
Kansas City (Guthrie 7-6) at N.Y. Yankees (Hughes 4-7), 7:05 p.m.
Detroit (Scherzer 13-0) at Cleveland (Kazmir 4-4), 7:05 p.m.
Minnesota (Deduno 4-3) at Tampa Bay (Hernandez 4-10), 7:10 p.m.
Chicago Cubs (Garza 4-1) at Chicago White Sox (Santiago 3-5), 8:10 p.m.
Boston (Lester 8-4) at Seattle (Hernandez 8-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	50	38	.568	—
Washington	46	42	.523	4
Philadelphia	43	46	.483	7 1/2
New York	37	48	.435	11 1/2
Miami	32	55	.368	17 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	53	34	.609	—
St. Louis	53	34	.609	—
Cincinnati	50	38	.568	3 1/2
Chicago	38	48	.442	14 1/2
Milwaukee	35	52	.402	18

WEST DIVISION

	W	L	Pct	GB
Arizona	47	41	.534	—
Los Angeles	42	45	.483	4 1/2
Colorado	42	47	.472	5 1/2
San Francisco	40	47	.460	6 1/2
San Diego	40	49	.449	7 1/2

Sunday's results

Seattle 3 Cincinnati 1
Washington 11 San Diego 7
Philadelphia 7 Atlanta 3
N.Y. Mets 2 Milwaukee 1
St. Louis 3 Miami 2
Chicago Cubs 4 Pittsburgh 3 (11 inn.)
L.A. Dodgers 4 San Francisco 1
Arizona 6 Colorado 1

Saturday's results

St. Louis 5 Miami 4
Washington 5 San Diego 4
Chicago Cubs 4 Pittsburgh 1
Cincinnati 13 Seattle 4
Milwaukee 7 N.Y. Mets 6
Atlanta 13 Philadelphia 4
San Francisco 4 L.A. Dodgers 2
Arizona 11 Colorado 1

Monday's games — All times Eastern

Oakland (Colton 11-3) at Pittsburgh (Locke 8-1), 7:05 p.m.
Washington (Haren 4-9) at Philadelphia (Lannan 1-3), 7:05 p.m.
Atlanta (Minor 8-4) at Miami (Slowey 3-6), 7:10 p.m.
Cincinnati (Bailey 5-6) at Milwaukee (Lohse 4-6), 8:10 p.m.
L.A. Dodgers (Greinke 6-2) at Arizona (Delgado 1-2), 9:40 p.m.
Colorado (Chatwood 4-2) at San Diego (Volquez 6-6), 10:10 p.m.
N.Y. Mets (Harvey 7-2) at San Francisco (Lincecum 4-9), 10:15 p.m.

CFL

WEEK 2

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Winnipeg	2	1	1	0	52	49	2
Montreal	2	1	1	0	49	52	2
Toronto	2	1	1	0	55	58	2
Hamilton	2	0	2	0	54	69	0

WEST

	GP	W	L	T	PF	PA	Pts
Saskatchewan	2	2	0	0	75	39	4
Calgary	2	1	1	0	65	68	2
B.C.	2	1	1	0	56	60	2
Edmonton	2	1	1	0	48	59	2

Sunday's result

Edmonton 30 Hamilton 20
Thursday's game — All Times Eastern
Saskatchewan at Toronto, 7:30 p.m.

Friday's game

Calgary at Montreal, 7:30 p.m.

Saturday's game

Winnipeg at Hamilton, 6:30 p.m.

B.C. at Edmonton, 9:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	4	31	25	31
Kansas City	8	5	6	26	19	30
New York	8	7	4	25	24	28
Philadelphia	7	6	6	29	27	27
Houston	7	6	5	20	18	26
New England	6	5	6	21	14	24
Columbus	6	8	5	23	23	23
Chicago	6	8	3	19	25	21
Toronto FC	2	8	7	17	24	13
D.C. United	2	13	3	8	29	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	10	5	4	29	18	34
FC Dallas	8	3	7	27	22	31
Portland	7	2	9	28	17	30
Vancouver	8	5	9	29	25	29
Los Angeles	8	7	3	27	22	27
Colorado	7	7	5	23	22	26
Seattle	7	6	3	21	19	24
San Jose	5	9	6	20	32	21
Chivas USA	3	10	5	16	32	14

Sunday's results

Kansas City 2 Chicago 1

Columbus 1 Portland 0

Chivas USA 1 Montreal 1

D.C. United at Colorado

FC Dallas at Los Angeles

Saturday's results

New England 2 San Jose 0

Houston 1 Philadelphia 0

Vancouver 2 Seattle 0

Horoscopes

Aries

March 21 - April 20

Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

Taurus

April 21 - May 21

You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

Gemini

May 22 - June 21

Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

Cancer

June 22 - July 23

Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

Leo

July 24 - Aug. 23

Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

Virgo

Aug. 24 - Sept. 23

This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

Scorpio

Oct. 24 - Nov. 22

Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

Sagittarius

Nov. 23 - Dec. 21

You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

Capricorn

Dec. 22 - Jan. 20

You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

Aquarius

Jan. 21 - Feb. 19

Go out of your way to be nice to people today. You can do it if you try!

Pisces

Feb. 20 - March 20

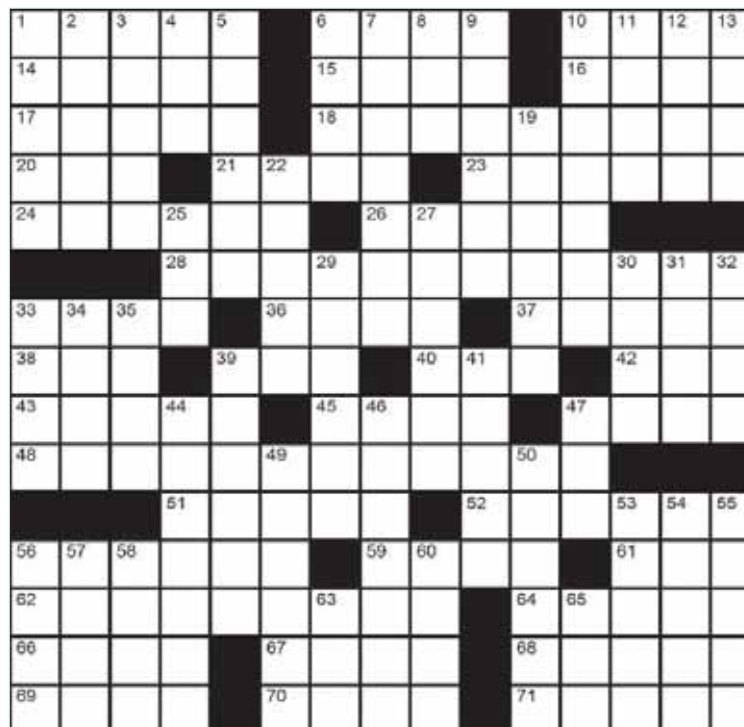
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. "Canada AM" health expert, Dr. ___ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as ___
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial ___ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, ___ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. ___-water advisory
47. Curds and ___
48. Establishment in a 19th-century town: 2 wds.
51. Music ___
52. Gives way
56. Chum
59. Seinfeld-ian



- phrase, when repeated
61. On, as a candle
62. The Halifax ___ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "___ It Bad": Tune by Usher

68. Egg ___ (Kitchen gadget)
 69. Business person's "Fast!"
 70. Succeed in school
 71. The States: ___ Mountains
- Down**
1. Wizardry
 2. Singer Ms. Baker

3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '___ Alogo'
6. Hockey great Phil, to fans
7. ___-cat
8. Swiss river, vari-

9. Intl. relief agency for kids
10. Opera, ___ und Isolde
11. "Take ___ a sign."
12. Nashville, ___
13. Mount of Greece
19. Clandestine

22. Region's animal life
25. Consumed
27. ___ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley ___
32. TV award
33. Performed a ballad
34. ___ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew ___ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res ___ loquitor (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 17°
MIN: 11°

TUESDAY



MAX: 25°
MIN: 11°

WEDNESDAY



MAX: 27°
MIN: 16°



ANDREW SCHULTZ METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS 5:30 AM



Visit metronews.ca

metro

WWW.WOODRIDGEFORD.com

IT PAYS TO TRADE

2009 Ford ESCAPE LIMITED
13623 • LEATHER • V6 • MOONROOF



\$16,995

2008 Dodge NITRO 4x4
D-1709B • LEATHER • SUNROOF



\$16,995

2012 Ford FOCUS SEL
13648 • AUTO • POWER GROUP



\$17,995

2010 Ford FLEX SEL
D-1342A • MOONROOF • POWER GRP.



\$17,130

2008 Pontiac SOLSTICE
D-158A • RARE!



\$17,888

2010 Ford FUSION SPORT
13625 • AWD



\$18,288

2010 Ford EXPLORER 4X4
D-379A • LIMITED • LOADED! • V8



\$26,930

2013 Ford TAURUS SEL
13640 • NAV • LEATHER • MOONROOF



\$26,998

2013 Mustang CONVERTIBLE
13574 • GT • 420 HP!



\$33,977

2012 F550 4x4
76690 • 12' DECK AND MORE!



\$63,995

2010 Lincoln MKZ AWD
C-1078A • NAV • ROOF • LEATHER



\$21,888

2010 Dodge GR. CARAVAN
D-1437B • A/C • POWER GROUP



\$13,925

2010 Cadillac SRX AWD
D-2500A • Performance Edition



\$27,995

2009 GMC SIERRA 4x4
D-1029A • CREW CAB



\$22,995

2009 Jeep GR. CHEROKEE
D-2081A • 4x4 • SUNROOF



\$18,995

2009 Nissan MURANO SL
D-2430B • AWD • V6



\$22,995

2009 Saturn OUTLOOK XR
D-2730A • AWD • LEATHER • SUNROOF



\$20,995

2010 Chevrolet COBALT LS
E-73A



\$9,995

2007 Honda CIVIC EX Coupe
D-2451A • 5-SPEED • SUNROOF



\$12,495

2004 Honda CIVIC DX-G
D-2692A • AUTO



\$9,495



CALGARY'S #1 FORD AND LINCOLN DEALER

At Deerfoot & Douglasdale

403 451-6182

WHERE CALGARY COMES FOR FORD!

*AMVIC LICENSED. PLEASE READ- ALL OFFERS OAC. ALL OFFERS EXCLUDE GST AND AMVIC FEE OF \$6.50. LIMITED TIME OFFERS. INVENTORY ACCURATE AT TIME OF PUBLICATION. SEE DEALER FOR FULL DETAILS.